

Interview with Joe Gallenberger, PhD about *MC² (Manifestation and Creation Squared)*

Dr. Joe Gallenberger is a clinical psychologist with over thirty years of experience as a therapist and a great interest in the universal principles of manifestation. In 1995, he began exploring psychokinesis (PK), the ability to influence matter through non-physical means. He has achieved statistically powerful results in university laboratories and, after advancing his methods over years of study, began to teach this skill to groups that share his passion and interest in the fundamentals of manifestation.

Joe is a long-time meditator and a residential trainer at The Monroe Institute. Joe trains a spectrum of Monroe courses and co-developed the Institute's highly successful *MC² (Manifestation and Creation Squared)* program. He also developed *SyncCreation, A Course in Manifestation*, the home study version of the *MC²* program.

Q: Hello Dr. Gallenberger. Will you tell our newsletter readers about your TMI six-day program *MC²*?

A: Sure. It is a program in manifesting. Most people do not realize their own untapped power and potential.

Q: How do you get people to begin to do this?

A: We spend much of the first day examining our limiting belief systems and unpacking them.

Q: The participants usually achieve some amazing things before they are done with the program. What are these?

A: Well, we have them use forms of psychokinesis once they begin to understand how to use these powers. We all bend spoons and forks, sprout seeds in our hands, cause light bulbs to light up with our minds, and affect the way dice stop when rolled. One of the most important sessions we have is a healing circle. We place everyone in the center of the circle to bring about optimal health for each of the participants. Usually we have an outside visitor to place in the circle as well—someone who is ill or whose family member or friend is ill. The recipient of the healing typically reports great improvement. We don't, of course, always bring about miraculous results for everyone, but we did recently have two people with serious fungus on all their toes. When they woke the next day after being in the middle of the circle it was all gone. We have had people with serious long-term illnesses report that the illnesses dissipated or just disappeared. Focused manifestation will is very powerful.

Q: The bending of spoons—when I told someone not familiar with TMI about that they said, “Oh those are special spoons I know that trick.”

A: There are stage magicians who use special spoons, it is true, but we use normal spoons, which everyone examines. Usually by the end of the six days everyone in class has succeeded in bending them without using their hands.

Q: Lighting light bulbs without electricity?

A: Yes, we each hold a spiral neon light bulb in our hands and focus. Most everyone is able to make them light while just holding them.

Q: Spouting seeds in your hands?

A: It takes focus, but when you learn how to get out of your own way, yes, most participants see the sprouts emerge as they hold the normal seeds in their hands.

Q: And controlling dice?

A: Yes. That was rather where it all began to manifest. I took the [Gateway Voyage®](#) program at TMI and began to see signs that such things were possible. I decided that if this could work in a program environment, it should be able to work in any casino. When I tried it, it seemed I was right. I won a good amount of money, and then wrote my book, [Inner Vegas](#). I began leading weekend tours to casinos in Las Vegas. People found if they could put their fears and doubts and issues of not deserving or money being bad aside, they would win money. However, they had to recognize and admit if they could not get over their fears or if they let doubts creep in. Otherwise, they continued to lose their money. It was a great environment to face and conquer many limiting beliefs we unconsciously hold.

Q: How did that lead to MC²?

A: We wanted to see how far we could take manifesting in the idyllic surroundings of TMI's Virginia campus, with the great energy there, and with a group of people who wanted to overcome their limitations over six full days. The results have been fantastic.

Q: Do you find lots of resistance from the participants?

A: Yes and no. Once we strongly engage the heart, mind, and spirit, we quickly see immediate practical results. The program addresses all the issues most of us have around manifestation and healing. It also addresses the issues of personal power, power in the world, and even our abilities and willingness to surrender to a higher purpose.

Q: Do you run into ego and fear as the major problems in teaching this program?

A: Ego and fear are big showstoppers. At first when teaching this program, I thought there were many different blocks to people letting these things just happen. I was taken aback by all the arguments people offered as to why they could not do these things. Then I realized there was only one real obstacle, but it had many heads. It was fear in different forms. So what we now do is replace fear with love. Love just melts the doubts and fears away.

Q: Do the Hemi-Sync® exercises help?

A: Yes. They set up patterns for people, making it easier to manifest.

Q: Can people repeat the results achieved in the program after they leave?

A: That depends on if they can hold the new energies and beliefs. Yes. Many do. Many also build on what they learn. You see, once the high energies needed for PK and healing are experienced, manifestation abilities take off to a whole new level and MC² has several exercises to help with this.

Q: Is it hard for people to do that, to hold on to and build on what they do at TMI in the program?

A: Some yes and some no, but to provide strong home support for continued learning, the home study course, SyncCreation, is available to MC² grads during the program at a 33% discount plus a \$100 off coupon for other TMI programs.

Q: What else about the program?

A: We always all have lots of fun. Yes, this program is lots of fun. We build a strong camaraderie and a large amount of trust. And every day includes a great amount of spontaneous laughter.

I encourage everyone to come play with the possibility of manifesting all they want and have dreamed of in life!